



Mondays to Fridays

NOTE Between Romford and Bow buses run at the following intervals: Romford to Stratford 5 mins (8-12 evenings); Stratford to Bow 7-8 minutes during peak hours.

Romford Station	0531	0555	0618	0631	0646	0656	0720	0820	0840
Romford Market	0535	0559	0622	0635	0650	0700	0725	0825	0845
Chadwell Heath Coopers Arms	0545	0609	0632	0647	0700	0710	0735	Then 0838	0858
Seven Kings Garage	0525	0545	0615	0623	0630	0638	0643	0648	0653
Ilford Broadway	0533	0553	A	0613	0623	0638	0646	0651	0656
Manor Park Broadway	0539	0559	0619	0629	0637	0644	0652	0702	0707
Forest Gate Green Street	0542	0602	0622	0632	0640	0647	0655	0700	0710
Stratford Broadway	0548	0608	0628	0638	0646	0653	0701	0706	0711
Bromley-by-Bow Station	0556	0616	0636	B	0654	B	0709	E	B
Limehouse Londoner	0603	0623	0643	0701	0716	0731	0746	0801	0816

Romford Station	0901	0922	0945	1525	1540	1555	1610	1625	1640	1740	1804	1831	1855	1920	1943
Romford Market	0906	0927	0950	1330	1445	1600	1615	1630	1645	1745	1809	1835	1859	1924	1947
Chadwell Heath Coopers Arms	0919	0940	1000	Then	1540	1555	1610	1625	1640	1656	Then 1750	1820	1845	1909	1934
Seven Kings Garage	0925	0946	1026	every	1546	1600	1616	1631	1646	1702	every 1802	1826	1851	1915	1940
Ilford Broadway	0935	0955	1015	20	1555	1610	1625	1640	1655	1711	15	1811	1835	1859	1923
Manor Park Broadway	0941	1001	1021	minutes	1601	1616	1631	1646	1701	1717	mins. 1817	1841	1859	1929	1954
Forest Gate Green Street	0945	1005	1025	until	1605	1620	1635	1649	1704	1720	until 1820	1844	1858	1932	1957
Stratford Broadway	0952	1012	1032		1612	1627	1642	1656	1711	1727	1827	1850	1854	1914	1938
Bromley-by-Bow Station	1000	1020	1040		1620	1635	1650	1704	1719	1735	1835	1858	1922	1946	2011
Limehouse Londoner	1008	1028	1048		1628	1643	1657	1711	1726	1742	1842	1905	1929	1953	2018

Romford Station	2007	2031	2055	2119	2243	2267	2331	2243	2331	2355	0007	...	0030			
Romford Market	2011	2035	2059	2123	2147	2211	2347	2259	2323	2335	2347	...	0034			
Chadwell Heath Coopers Arms	2021	2045	2109	2133	2147	2211	2245	2257	2309	2321	2333	2345	0009	0121	C	
Seven Kings Garage	2027	2031	2115	2139	2203	2227	2251	2303	2315	2327	2339	2351	0003	0115	0027	0030
Ilford Broadway	2035	2059	2123	2147	2151	2211	2235	2259	2311	2323	
Manor Park Broadway	2041	2105	2129	2153	2172	2241	2305	2317	2329	
Forest Gate Green Street	2044	2108	2132	2156	2200	2244	2308	2320	2332	
Stratford Broadway	2050	2114	2138	2207	2226	2250	2314	2328	2358	
Bromley-by-Bow Station	2058	2122	2146	2210	2234	2258	2322	2334	2358	
Limehouse Londoner	2105	2129	2153	2212	2241	2305	2329	2345	2373	

Additional buses, Mondays to Fridays: Seven Kings Garage to Ilford Station Ley Street at 0621 and 0641.

Saturdays

NOTE Between Romford and Bow buses run every 5 minutes (10 before 1000 and evenings)

Romford Station	0525	0605	0635	0705	0805	0824	0844	0900	0921	1621	1741
Romford Market	0539	0609	0639	0709	0809	0828	0848	0906	0937	1627	1747
Chadwell Heath Coopers Arms	0539	0619	0649	G	0719	Then 0819	0838	0858	0917	0938	Then 1756
Seven Kings Garage	0535	0545	0625	0645	0655	0705	0725	every 0825	0844	0904	every 1644
Ilford Broadway	0543	A	0633	0653	0703	0713	0733	0803	0852	0912	0932
Manor Park Broadway	0549	F	0639	0659	0709	0719	0739	mins. 0839	0858	0918	0938
Forest Gate Green Street	0552	0612	0642	0702	0712	0722	0742	until 0842	0901	0921	0941
Stratford Broadway	0558	0618	0648	0708	0718	0728	0748	0848	0908	0928	0948
Bromley-by-Bow Station	0606	0626	0656	E	0736	0756	0756	0856	0916	0936	0956
Limehouse Londoner	0613	0633	0703	0733	0803	0803	0803	0903	0943	1003	1024

Romford Station	1805	2205	2231	2239	2247	2255	2305	2315	2325	2335	2345	2400	0015	0030		
Romford Market	1809	2209	2235	2243	2251	2259	2309	2319	2329	2339	2349	0004	0019	0034		
Chadwell Heath Coopers Arms	1819	Then	2219	2245	2253	2301	2309	2319	2329	2339	G	2359	0014	0029	0044	
Seven Kings Garage	1825	every	2225	2251	2259	2307	2315	2325	2335	2345	2355	0005	0020	0030	0035	0050
Ilford Broadway	1833	20	2233	2259	2307	2315	2323	2343	
Manor Park Broadway	1839	minutes	2239	2305	2313	2321	2329	2349	
Forest Gate Green Street	1842	2242	2308	2316	2324	2334	2352	
Stratford Broadway	1848	2248	2314	2322	2330	2338	2358	
Bromley-by-Bow Station	1856	2256	2322	G	E	...	G	
Limehouse Londoner	1903	2303	2329	

Additional buses, Saturdays: Romford Station to Limehouse Londoner at 1014, 1201 and 1431;

Chadwell Heath Wangey Road to Stratford Bus Station at 0729 and 0749;

Stratford Broadway (starting from West Ham Garage) to Limehouse Londoner at 0839.

Sundays (and National Public Holidays)

Romford Station	0706	0736	0806	0836	51	06	21	36	2236	2251	2306	2321		
Romford Market	0710	0740	0810	0840	Then	55	10	25	40	2240	2255	2310		
Chadwell Heath Coopers Arms	0720	0750	0820	0850	at	05	20	35	50	U	2250	2305	2320	
Seven Kings Garage	0641	0656	0711	0726	0741	0756	0812	0826	0841	0856	these 11	26	41	56
Ilford Broadway	0448	0703	0718	0733	0748	0803	0819	0833	0848	0903	N	2256	2311	2326
Manor Park Broadway	0453	0708	0723	0738	0753	0808	0824	0838	0853	0908	past	23	38	53
Forest Gate Green Street	0656	0711	0726	0741	0756	0811	0827	0841	0856	0911	each	26	41	56
Stratford Broadway	0702	0717	0732	0747	0802	0817	0833	0847	0902	0929	hour	32	47	02
Bromley-by-Bow Station	E	0724	E	0754	E	0824	E	0854	E	0924	E	54	E	24
Limehouse Londoner	0731	0801	0831	0901	0931	...	0931	...	01	...	31	2331

A - Continues to Ilford Station Ley Street.

C - Starts from Chadwell Heath Wangey Road.

F - Continues to West Ham Garage via Green Street.

B - Continues to Bow Church.

E - Continues to Stratford Bus Station.

G - Continues to West Ham Garage via West Ham Lane.

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DAILY



Mondays to Fridays

NOTE Between Bow and Romford buses run at the following intervals: Bow to Stratford 7-8 mins during peak hours, Stratford to Romford 5 minutes (8-12 evenings).

Limehouse Londoner	0612	0632	0652	0712	0857	0912	
Bromley-by-Bow Station	0621	0641	0701	0721	0906	0921	
Stratford Bus Station	0630	0650	0710	0730	Then 0915	0930	
Forest Gate Green Street	0637	0657	0717	0737	every 0922	0938	
Manor Park Broadway	0640	0700	0720	0740	15 0925	0942	
Ilford Broadway	0646	0706	0726	0746	mins 0931	0948	
Seven Kings Garage	0507	0531	0554	0609	0614	0624	0634	0644	0653	0659	0703	0708	0713	0733	0753
Chadwell Heath Coopers Arms	0513	0537	0600	0615	0620	0630	0640	0650	0659	0705	0709	0714	0719	0739	0759
Romford Market	0524	0548	0611	0626	0631	0641	0651	0701	0710	0716	0720	0725	0730	0750	0810
Romford Station	0529	0553	0616	0631	0636	0646	0656	0706	0715	0721	0725	0730	0735	0756	0816
Limehouse Londoner	0927	0939	0954	1534	1554	1614	1631	1646	1701	1716	1731	1746	1801	1816
Bromley-by-Bow Station	0936	0948	1003	1543	1603	1623	1640	1655	1710	1725	1740	1755	1810	1825
Stratford Bus Station	0945	0957	1012	1552	1612	1632	1652	1707	1722	1737	1752	1807	1822	1852
Forest Gate Green Street	0953	1005	1020	every	1600	1620	1641	1701	1716	1731	1746	1801	1816	1831	1859
Manor Park Broadway	0957	1009	1024	20	1604	1624	1645	1705	1720	1735	1750	1805	1820	1837	1863
Ilford Broadway	1003	1015	1030	minutes	1610	1630	1654	1714	1729	1744	1759	1814	1829	1844	1853
Seven Kings Garage	1010	1022	1037	until	1617	1638	1702	1722	1737	1752	1807	1822	1837	1851	1905
Chadwell Heath Coopers Arms	1016	1028	1043	1623	1644	1708	1728	1743	1758	1813	1828	1843	1857	1906
Romford Market	1027	1039	1054	1634	1655	1719	1739	1754	1809	1824	1839	1854	1905	1937
Romford Station	1033	1045	1100	1640	1701	1725	1745	1780	1815	1830	1845	1859	1913	1922
Limehouse Londoner	1910	1934	1958	2022	2046	2110	2134	2158	2222	2246	2310	2334
Bromley-by-Bow Station	1919	1943	2007	2051	2055	2119	2149	2207	2231	2255	2319	2343
Stratford Bus Station	1928	1952	2016	2040	2104	2128	2152	2216	2240	2304	2316	2328	2340	2352	2357
Forest Gate Green Street	1935	1959	2023	2047	2111	2135	2159	2223	2247	2311	2323	2335	2347	2359	0004
Manor Park Broadway	1938	2002	2026	2050	2114	2138	2202	2236	2250	2314	2326	2338	2350	0002	0007
Ilford Broadway	1944	2008	2032	2056	2120	2140	2208	2232	2256	2320	2332	2344	2356	D 0008	0013
Seven Kings Garage	1951	2015	2039	2103	2127	2145	2175	2239	2303	2327	2339	2348	2351	2400	0003
Chadwell Heath Coopers Arms	1957	2021	2045	2099	2133	2157	2221	2245	2309	2333	2345	2357	2367	0009	0021
Romford Market	2008	2032	2056	2120	2144	2208	2232	2255	2320	2344	2356	C	0020	C	0025
Romford Station	2013	2037	2101	2125	2149	2213	2237	2304	2325	2349	2359	0001

Saturdays

NOTE Between Stratford and Romford buses run every 5 minutes (10 before 1000 and evenings).

Limehouse Londoner	0619	0639	0709	0729	0749	0809	0829	0849		
Bromley-by-Bow Station	0626	G	0648	G	0718	0738	0758	0818	0838	0858	
Stratford Bus Station	0637	0647	0657	0717	0727	0747	0807	0827	0847	0907	
Forest Gate Green Street	0644	0654	0704	0724	0734	0754	0814	0834	0854	0915	
Manor Park Broadway	0647	0657	0702	0727	0737	0757	0817	0837	0857	0818	
Ilford Broadway	0653	0703	0713	0733	0743	0753	0803	0823	0843	0924	
Seven Kings Garage	0500	0536	0606	0629	0632	0649	0700	0710	0720	0730	0739	0740	0750	0810	0830	0850	
Chadwell Heath Coopers Arms	0506	0542	0612	0635	0638	0655	0706	0716	0726	0736	0745	0746	0756	0816	0836	0856	
Romford Market	0517	0552	0623	C	0649	C	0717	C	0737	0747	C	0757	0867	0827	0847	0907	
Romford Station	0522	0558	0628	0654	0722	0742	0752	0802	0812	0832	0852	0912	
Limehouse Londoner	0859	0905	0929	0949	1009	1029	1644	1659	1714	1729	2249	2309	2334	
Bromley-by-Bow Station	0908	0918	0938	0958	1018	1038	1653	1708	1723	1738	2258	2318	2343	
Stratford Bus Station	0917	0927	0947	1007	1027	1047	Then	1702	1717	1732	1747	Then	2307	2317	2327	2337	2352
Forest Gate Green Street	0925	0935	0955	1015	1035	1055	every	1710	1725	1740	1754	every	2314	2324	2334	2359	2359
Manor Park Broadway	0928	0938	0958	1018	1038	1058	15	1713	1728	1743	1757	20	2317	2327	2337	2347	0002
Ilford Broadway	0934	0944	1004	1024	1044	1104	minutes	1719	1734	1749	1803	mins	2323	2333	2343	2353	0008
Seven Kings Garage	0942	0952	1012	1032	1052	1112	until	1727	1742	1757	1810	until	2330	2340	2350	2400	0015
Chadwell Heath Coopers Arms	0948	0958	1018	1038	1058	1118	1733	1748	1763	1803	1816	2336	2346	2356	0006	0021
Romford Market	1000	1010	1030	1050	1110	1130	1745	1755	1815	1827	2347	C	0002	0017	C	0022
Romford Station	1007	1017	1037	1057	1117	1137	1752	1822	1832	2352	0012	0022

Additional buses, Saturdays: Limehouse Londoner to Stratford Bus Station (continuing to West Ham Garage via West Ham Lane) at 1122; Limehouse Londoner to Forest Gate Green Street (continuing to West Ham Garage via Green Street) at 1307 and 1537.

Sundays (and National Public Holidays)

Limehouse Londoner	0738	08	38	2238	2308	2338
Bromley-by-Bow Station	0746	Then	16	46	2246	2316	2346
Stratford Bus Station	0709	0739	0754	at	09 24 39 54	2254	2309	2324	2339	2354	0009
Forest Gate Green Street	0716	0746	0801	these	16 31 46 01	2301	2316	2331	2346	0001	0016
Manor Park Broadway	0719	0749	0804	minutes	19 34 49 04	2304	2319	2334	2349	0004	0019
Ilford Broadway	0724	0754	0809	past	24 39 54 09	2309	2324	2339	2354	0009	0024
Seven Kings Garage	0631	0701	0731	0801	0816	each	31 46 01 16	2316	2331	2346	0001	0016	0031
Chadwell Heath Coopers Arms	0637	0707	0737	0807	0822	hour	37 52 07 22	2322	2337	2357	0007
Romford Market	0648	0718	0748	0818	0833	48 03 18 33	2333	2348	2363	0018
Romford Station	0653	0723	0753	0823	0838	53 08 23 38	2338	2353	0023

B - Starts from Bow Church.

D - Starts from Ilford Town Hall.

C - Continues to Chadwell Heath Warley Road.

G - Starts from West Ham Garage via West Ham Lane.